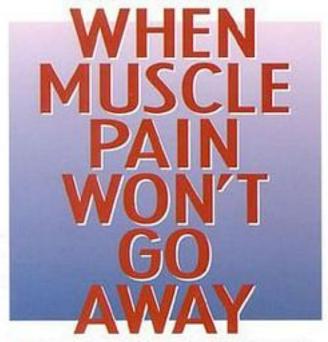
When Muscle Pain Won't Go Away

REVISED EDITION

The Relief Handbook for Fibromyalgia and Chronic Muscle Pain



- resources: newsletters, support groups, research centers
 - · personal energy-saving tips for day-to-day living
 - the latest methods for coping with severe pain
 a simple, beneficial exercise program

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This new revised edition tells sufferers everything they need to know about fibromyalgia (FM), but can t find anywhere else. It will assist and educate the layperson in recognizing and treating FMwhat it is, how to detect it, and whom to consult about it, all in simple, straightforward language. The authors cover the gamut of exercise, diet, drugs, and emotional considerations.
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